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# 15 dos and don'ts about diet for high uric acid levels

Sobiya N. Moghul | Health Me Up | May 2, 2013, 12.00AM IST

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High uric acid level can be reduced with a change in diet.

*High uric acid level can be reduced with a change in diet. Doctors strongly recommend making simple changes in diet like eliminating beef rolls and choosing green leafy vegetables, cabbage and high fiber foods instead for regulating uric acid levels.*

Dr. Sharad Kasarle, chief scientist of DSK Nutrition Research Center Pvt. Ltd helps us with a list of dos and don'ts when choosing the right diet for high uric acid levels.

### **Uric acid: Manage high uric acid with nutrition tip #1**

#### **High-fibre foods**

According to the University of Maryland Medical Center, adding foods high in dietary fibre may help lower uric acid levels in your blood. Dietary fibre may help absorb uric acid in your bloodstream, allowing it to be eliminated from your body through your kidneys. Increase the consumption of dietary soluble fibres such as Isabgol, Oats, Spinach, Broccoli to name a few.

### **Uric acid: Manage high uric acid with nutrition tip #2**

#### **Cold-pressed olive oil**

Use cold-pressed olive oil in cooking instead of shortening, butter or vegetable oils. Oils that have been subjected to heat or processing turn rancid quickly. Rancid fats destroy vitamin E in your body - this vitamin is necessary for controlling uric acid levels. Olive oil helps you avoid the production of excess uric acid, which is associated with the consumption of rancid fats.

### **Uric acid: Manage high uric acid with nutrition tip #3**

#### **Take in a healthy dose of vitamin C**

To help reduce the amount of uric acid in your system, regularly taking 500 milligrams of vitamin C will decrease your uric acid levels in a month or two.

### **Uric acid: Manage high uric acid with nutrition tip #4**

#### **Avoid bakery products**

Avoid cakes, pastries, cookies and other sugary delights which are rich in saturated fats and trans fats.

## **Uric acid: Manage high uric acid with nutrition tip #5**

### **Celery seed extract**

This is also a popular natural remedy for gout and uric acid problems. The seeds of the celery plant have long been used to treat gout, rheumatism and arthritis. Celery possesses sedative, antioxidant and mild diuretic action and is considered a urinary antiseptic. In rare cases, this herb is also used to treat sleeplessness, anxiety and nervous breakdown. Although the seeds of this plant are often used in herbal supplements, the roots may also be used.

## **Uric acid: Manage high uric acid with nutrition tip #6**

### **Antioxidant-rich foods**

Fruits and vegetables such as red bell peppers, tomatoes, blueberries, broccoli and grapes are rich sources of antioxidant vitamins. Antioxidants which are vitamins that prevent free radical molecules from attacking your organ and muscle tissue cells may help lower uric acid levels.

## **Uric acid: Manage high uric acid with nutrition tip #7**

### **Cherries**

Cherries contain chemical compounds that may help neutralise uric acid allowing your body to eliminate this acid as waste. Some researchers recommend consuming 30 to 40 cherries every four hours during an attack.

## **Uric acid: Manage high uric acid with nutrition tip #8**

### **Apple cider vinegar**

It is believed that raw, apple cider vinegar can help alleviate high uric acid levels by changing the pH values of your blood. But it has to be raw, un-distilled, un-pasteurised apple cider vinegar; the kind you get from your local health food store.

Dr Sharad advises a simple home remedy, "Add 2 teaspoons of vinegar to a large glass of water and stir thoroughly. Drink a glass between 2 and 3 times every day. You can also use it topically: half a cup added to three cups of hot water and soak the affected area for 30 minutes. Reheat and repeat as necessary."

## **Uric acid: Manage high uric acid with nutrition tip #9**

### **Saturated fat, trans fat, sugar and alcohol**

All these affect your triglycerides, a type of fat that can clog your arteries and increase your risk for heart attacks and strokes.

## **Uric acid: Manage high uric acid with nutrition tip #10**

### **High-fructose corn syrup**

This is a type of sweetener in soft drinks and other processed foods that can elevate your levels of triglyceride and uric acid - a chemical associated with diabetes, gout, alcoholism, kidney disease and other health problems.

## **Uric acid: Manage high uric acid with nutrition tip #11**

### **Drink plenty of fluids to help flush uric acid from your body**

Drink a minimum of 3 and 1/2 liters of water daily. Water is a medium that aids the kidney

to 'strain' the impurities from your body.

**Uric acid: Manage high uric acid with nutrition tip #12**

Also avoid high-protein weight-loss diets which can cause you to produce too much uric acid (hyperuricemia).

**Uric acid: Manage high uric acid with nutrition tip #13**

Limit meat, poultry and fish - animal proteins are high in purine and this will result in high uric acid levels in the body

**Uric acid: Manage high uric acid with nutrition tip #14**

**Limit or avoid alcohol**

Alcohol interferes with the elimination of uric acid from your body. Drinking beer in particular has been linked to gout attacks. If you are prone to uric acid attacks, limit alcohol consumption to one drink three times a week.

**Uric acid: Manage high uric acid with nutrition tip #15**

**Choose complex carbohydrates**

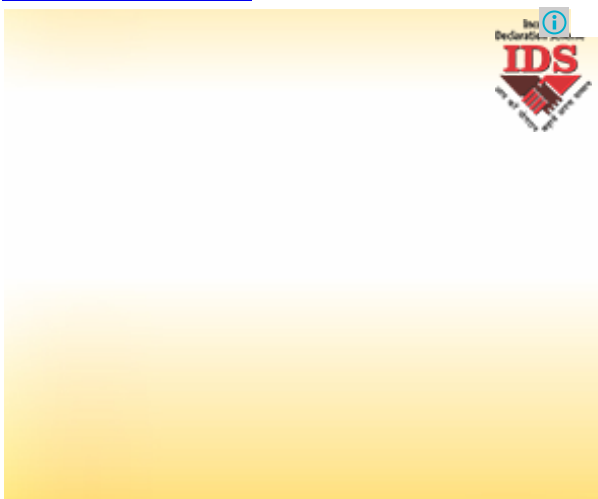
Eat more whole grains, fruits and vegetables and fewer refined carbohydrates such as white bread, cakes and candy. Because foods rich in complex carbohydrates promote feelings of fullness, and prevent overeating and are useful in maintaining a healthy weight.

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## Ways to lose flab in 2 weeks

Meghna Mukherjee | Apr 30, 2013, 12.00AM IST

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With your best friend's wedding round the corner, are you finding it difficult to lose the flabs off your waist? Let's check out what the 2-Week Blitz diet has to offer

*With your best friend's wedding round the corner, are you finding it difficult to lose the flabs off your waist? Let's check out what the 2-Week Blitz diet has to offer*

Gaining momentum and hype in the UK, the 2-Week Blitz diet recommends about 75 minutes of exercise five times a week if you are planning to lose

weight in about two weeks. You can take upto two days of rest but sugar and consuming alcohol is a no no.

On a typical day, you can get in to do a 10-24 minutes of cardio followed by weight exercises of about 3 sets of 5x. For better results repeat the cardio and three sets twice more. In the end, you can finish with the ab crunches.

### **The 2-Week Blitz diet includes**

**Breakfast** - Muesli and a smoothie or a fruit

**Lunch** - Salad or fruit with fish or chicken. You can also have some sauted or boiled veggies.

**Snacks** - Fruit and nuts

**Dinner** - Chicken stir fry or veggies

The diet also suggests that you should refrain from consuming more than two cups of coffee throughout the day and drink lots of water for immediate results.

Opinionating, whether this diet is suitable for Indian women, Naini Setelvad, Nutritionist, Healthforyou, Mumbai, says, "This diet is not suitable for the Indian climate and palate. We are used to whole grain with a meal, and it is very difficult for an Indian to substitute grain for potato or corn. We like to have a lot of herbs and spices - which are also required daily. We would also need more vegetarian protein options. In India, we eat protein, the natural way with Vitamin C (for example, our dals always have kokum or tomato in them). Our meals are already rather scientific. We should stick to familiar foods if we want to make healthy food a part of our daily life."

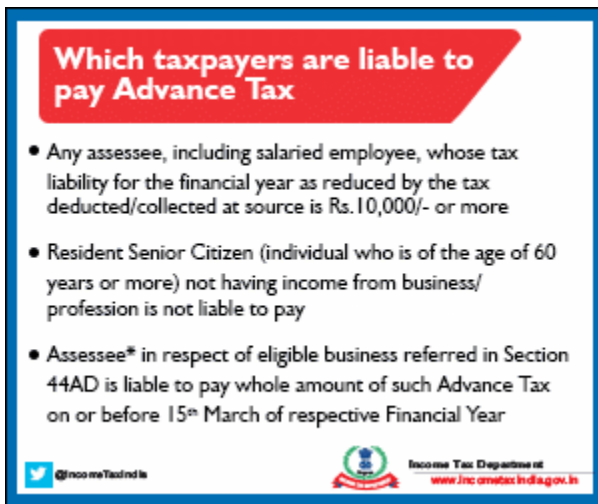
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